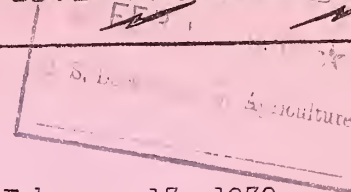


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Housekeepers' Chat

Thursday, February 13, 1930.

NOT FOR PUBLICATION

Subject: "Odds and Ends of Information." Approved by Bureau of Home Economics,
U. S. D. A.

Leaflets available: "Aunt Sammy's Radio Recipes," "Homing Pigeons - Their
Care and Training."

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I must say a few words about the Menu Specialist today -- I really feel it my duty. Do you know that our Menu Specialist -- who suggests the nice things we have to eat for dinner, and sometimes for Valentine luncheons and Sunday night suppers, is in a fair way to have her head turned? Yes indeed -- and all because she and Miss Alexander, the famous lady who spends her time finding new ways to cook meat, gave a radio talk last month. Not at this station -- at a station in another city. Well, they gave a radio talk, and told all about the new meat leaflets, Beef, Lamb, and Pork, and incidentally, they gave the recipe for Ham with Dried Apricot Stuffing.

You remember the Dried Apricot Stuffing -- I broadcast it last Friday. Well, the Menu Specialist and Miss Alexander got so many requests for this recipe, that they couldn't possibly answer them all. So they had to send for a printing machine or something -- and a printer or somebody, to make copies of Ham with Dried Apricot Stuffing. Up to date, they have received hundreds of letters about their broadcasting, and hundreds of requests for the Ham with Dried Apricot Stuffing. Can you blame them, for feeling a little bit "uppish" nowadays?

When I saw how things were going, and that they were sending copies of this recipe to all their listeners, I asked them to have copies made for me, too, and they did. So, if you'll hurry, and write to me immediately, I'll see that you get a nice neat copy of the recipe called Ham with Dried Apricot Stuffing. But you must hurry, for the copies are going fast.

Next on our program is the letter from the boy who wanted to know something about homing pigeons. I found what he wants -- a booklet called "Homing Pigeons; Their Care and Training." Do you know that homing pigeons made some remarkable records, during the war? One case of supreme endurance was noted in 1918, when a homing pigeon was liberated, with an important message, at Grand Pré, during intense machine-gun and artillery action.

This bird delivered its message at Rampont, almost 25 miles away, in 25 minutes. One leg had been shot off and the breast injured by a machine-gun bullet, but even under these conditions, the pigeon delivered its message.

Homing pigeons were used in a storm-wrecked part of Texas, in 1919, to carry messages. Through storm and rain, they brought instructions about relief.

I also learned that some birds have returned home from a distance of more than 1,000 miles in two days. I'm sending the Homing Pigeon book to my young correspondent, and I hope he has luck with his pigeons.

Here's a question -- a request for a recipe for Mayonnaise Dressing. Do you mind if I send you the Egg leaflet, instead of broadcasting the recipe? "Eggs At Any Meal" contains an excellent Mayonnaise Dressing.

Speaking of eggs, reminds me of a question asked last week -- why the people of Boston prefer brown eggs to white eggs. It is true that brown eggs bring a higher price than white eggs, in Boston, and white eggs are more expensive than brown, in New York City. Comes now a man who says that the people of Boston acquired their taste for brown eggs a long time ago, when the nearby poultrymen produced brown eggs, and were able to offer a fresher product, than that coming from the Middle West. Boston housewives noted this difference in quality, and thought that the color had something to do with it. Having acquired the habit of calling for brown eggs, they still call for brown eggs -- and New Yorkers still prefer white. It's hard to change a prejudice, once it gets started. A large volume could be written, about food beliefs. For instance, the belief that it is unsafe to combine milk and sea food, that fish is "brain food," or that celery "quiets the nerves."

The next question -- Well, I declare, here's a request for Chocolate Waffles. That's on the menu tomorrow, so let's wait, please.

And here is a request for Florence cake, from a listener who says she cannot find the recipe in any cookbook. I have never heard of Florence cake myself, but if any of my listeners have a tried-and-true recipe for Florence cake, I'd like to see it.

Three more questions -- they are about the citrus fruits. Grapefruit and oranges are at their best these days -- let's use them while we may.

This question is about oranges. "Is it true that oranges are especially good for children, and if so, why?"

Oranges contain the vitamins which help keep children well. Oranges are a particularly good source of Vitamin C. Other citrus fruits in the Vitamin C class are lemons and grapefruit.

Oranges and lemons have many beneficial qualities. Besides being sources of Vitamin C, they provide minerals and organic acids, which help to keep the body in good order. It's a good thing that oranges and lemons are good for us, for it would be hard to get along without them. Oranges can be served in dozens of delicious ways, in our menus. They can be eaten between meals, too, and at bed-time. And how could we stand the hot weather, without lemons? Lemon juice forms the basis of practically all cooling drinks. It helps bring out the flavor of other fruits. Lemon juice is useful in almost any dish, where a little tartness is necessary. Prune Pie, for instance,

1890. 1891. 1892.

1893. 1894. 1895.

1896. 1897. 1898. 1899. 1900.

1901. 1902. 1903. 1904. 1905.

1906. 1907. 1908. 1909. 1910.

1911. 1912. 1913. 1914. 1915.

1916. 1917. 1918. 1919. 1920.

1921. 1922. 1923. 1924. 1925.

1926. 1927. 1928. 1929. 1930.

1931. 1932. 1933. 1934. 1935.

1936. 1937. 1938. 1939. 1940.

1941. 1942. 1943. 1944. 1945.

1946. 1947. 1948. 1949. 1950.

1951. 1952. 1953. 1954. 1955.

1956. 1957. 1958. 1959. 1960.

1961. 1962. 1963. 1964. 1965.

1966. 1967. 1968. 1969. 1970.

Prune Pie is delicious, with a little lemon juice to add tartness. Fresh lemon juice is also a good addition to fish, game, meats, vegetables, and salads.

Next question: "What do you think of orange juice, as a breakfast beverage?"

I think orange juice is an excellent breakfast drink, especially for children, and for people who are rushed for time. If you have to serve breakfast very early, it's a good idea to prepare the orange juice the night before, and keep it in a tightly covered glass jar, so the fresh flavor will remain. When orange juice, or orange pulp, comes in contact with air, oxidation takes place, and the orange juice loses the fine edge of its flavor. Grapefruit also can be prepared the night before. Peel it, pull it apart into sections, as you would an orange. Pull off the heavy skin, and you will have neat, attractive sections.

The last question is a request for a marmalade, of oranges and grapefruit. I will send you a copy of the Radio Cookbook. On page 81 you will find directions for making Amber Marmalade, with one orange, one grapefruit, and one lemon. Have you tried the recipe for Uncooked Orange Icing, on page 75? It's very good. On page 13 there's another timely recipe, Baked Bananas, with Lemon Sauce. Grapefruit juice may be used in place of lemon juice, in the sauce, if you like a change.

Speaking of grapefruit reminds me of a story I heard the other day. A son of the Emerald Isle, who had just landed in New York, was passing a fruit store, where he saw some large, luscious grapefruit on display. He had never seen grapefruit before, and in his astonishment he exclaimed, "My phwat nice big oranges! 'Twouldn't take very many of them to make a dozen!"

Tomorrow: "Chocolate Waffles."

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